



"People helping
people help
themselves."

Division of
Mental Health
and Addictions

Logansport State Hospital

The Spectrum

Employee of the Month

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EOM: Andrew Emmons

February Employee of the Month Andrew Emmons, Psychiatric Attendant Jayne English Service Line

Co-worker Jonathan Brown nominated Andrew Emmons, Psychiatric Attendant on Jayne English for Employee of the Month. In his nomination he explains, "When someone is looking to find an example of a team player, they need look no further than Andrew Emmons. While working on Jayne English, Andrew has repeatedly acted with the best interest of the clients and his coworkers in mind. He is, in the opinion of this coworker, a man to be emulated. Most recently, Andrew was involved in two incidents in which his quick actions resulted in a safe conclusion to an otherwise aggressive situation. As a psychiatric attendant, I can tell you there is nothing I respect and admire more than an individual who eagerly shoulders their share of the physical and mental burden, while keeping the safety of their clients and coworkers in mind. I feel that it is not a single incident that merits Andrew receiving this recognition, but a couple dozen incidents that make him a pleasure to work with."

Service Line Manager Paul Wright strongly agreed with this nomination and he adds, "Andrew is always out on the unit working with the patients and alert to assist whenever help is needed. The patients all respond well to him and his concern for their welfare is obvious to everyone. He is an important part of our unit team."

You can nominate someone today!



SPYKE THE PSYCHE



APA Offers Tips for Attaining Your New Year's Resolutions

January 1 is not only the start of the New Year, but is when many begin their New Year's Resolutions. Manage stress. Eat healthier. Exercise more. Spend more time with family. Sticking to your resolutions and making changes can be difficult but not impossible. The American Psychiatric Association (APA) would like to offer tips and other resources to help families and individuals keep their resolutions for a healthy mind and healthy life.

"A new year is a great time to think about the changes we want to make in our lives. Being and staying well is a resolution many people make for the New Year, but those resolutions can lead to frustration when we find we have set unrealistic goals," said Philip R. Muskin, M.D., Professor of Clinical Psychiatry, Columbia University and Chair of the APA Council on Psychosomatic Medicine. "Making a resolution to change one thing that will make us healthier is a priceless gift that only we can give to ourselves."

Try again. Everyone has made, and broken past resolutions, that does not mean that you won't succeed this time. Start with a positive approach, including thinking about what has disrupted your good intentions in the past. Don't discourage yourself with a negative outlook.

Don't make too many resolutions. Trying to eat better, exercise more, quit smoking, and reduce stress is too much to tackle at once. Pick a realistic, attainable goal with a reasonable time frame.

Choose your own resolution. Make sure this is something that you want to accomplish for yourself and not for friends or family. When you attain the goal they will benefit from your success as well.



SPECTRUM

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Make a plan and write it down. Plan what you'd like to accomplish in three or six months. Achieving small goals over time gives you a sense of accomplishment and motivation to keep going. Writing your goals down is a good way to keep track of your progress.

Involve friends and family. They can support your efforts, and can motivate you to keep going. Setting a personal goal is not a "promise" which can never be broken. Don't paint yourself into a corner by overstating what can be a realistic change you plan to make.

Forgive yourself. If you get off track, don't think that you failed. Review your plan and make adjustments.

Congratulate yourself. Reward yourself when your intermediate goals or resolutions are met.

The most important point to consider when deciding on your resolutions is to decide if you are truly willing to make the change in your life. Deciding to make the change just to have a resolution will not keep you motivated to attain your goal. Many people fail because they are afraid or don't fully realize how the goal can benefit their every day lives. When you decide on your resolution, make a plan of action and list the ways it will improve your life. When you can see the prize, you are more likely to keep up the fight.

HealthyMinds.org



Notes from Senior Executive Board

- Melissa Stewart has accepted the Program Coordinator 3 position in Quality Management. This will not be effective until a SLM is selected for Dodds. The SLM position for Dodds has been posted and there were newspaper advertisements this week.
- With the recent departure of the Southworth Treatment Center SLM, Jerilyn Smith will serve temporarily as SLM for Larson 1 East (medical/ nursing unit) & CL Williams (geriatric) and Pam Kindem will serve temporarily as SLM for Southworth 1 West (Rehabilitation) & 1 South (Transitional).
- There was a meeting with Brian McCarty, VP for Cejka, our physician recruitment vendor. There are currently six physician candidates, three psychology, one primary care, and two psychiatry.
- A third session to discuss the Employee Satisfaction Survey was held on December 20, 2007. The results from all the sessions have been correlated and a meeting of the group representatives has been scheduled for February 1, 2008.



Dear LSH Friends ~

Thank you so much for the farewell send-off! I enjoyed working with each of you and have many fond memories of my tenure at LSH.

Also, thank you for your friendship and support over the years.

All the best,

Sue Beckett

The Book Nook



Germann, Rick. 52 Brain-Boosting Activities for Groups: Mental Workout Exercises to Improve Concentration, Thinking Skills, Memory and Problem Solving. Wellness Reproductions, 2005.

The book addresses cognitive skills with goals to improve memory, decision-making, problem solving, concentration, thinking skills and creativity. Each activity is reproducible with step-by-step instructions for leading the activity. Activities are rated easy, moderate or difficult. The cards are sure to prompt thinking, creativity and fun, and can be used with the book or by themselves.

To request books from the library, call ext. 3712 or send e-mail to:
bnewell@fssa.state.in.us

Art-'n-facts

Longcliff Museum Art-'n-facts

January is a time to look back and a time to look forward. Looking back 50 years, January 1, 1958, our hospital suffered the loss of Superintendent, Doctor John W. Southworth, but was honored by his appointment as Deputy Commissioner of Mental Health for the State of Indiana. Doctor Frank D. Hogle, Assistant Superintendent, was named Acting Superintendent, and served in that capacity until March 1, 1958, when Doctor Ernest J. Fogel assumed the Superintendency.

Statistics give a glimpse of life at Longcliff in January of 1958...From the Bakery we see 17,220 loaves of bread, 260 sheet cakes, 127 pies, and 517 gallons of ice cream consumed. 596 meals were served to employees and 7260 to patients. The per capita cost for patient per day for food was about 57 cents.

The Industrial Shop was busy in January 1958, repairing 146 chairs and reseating 89. In addition, 165 mattresses were renovated, 262 shoes repaired and 206 slippers repaired. There were 2403 patients here and 37% of those participated in Work Therapy, 24% of those working off the Ward in places like the Industrial Shop or Kitchen and 12% working on the Wards.

Art and Recreation Therapy were mainstays. Thirty-one patients were enrolled in Art Therapy, producing 178 watercolors, 76 (good) watercolors, and various sketches (19), crayon designs (96) and oil paintings (7). A remnant of artworks from this era has been preserved in our Longcliff Museum. They are on display through the end of January 2008 in the Logansport City Building. We are proud of the heritage of our hospital and strive in continuing this fine tradition of innovative therapy and treatment in the years to come.

FRESH FEATURE

Small Lifestyle Changes Can Boost Longevity

Not smoking, exercising, moderate drinking, eating veggies could add 14 years, study says.

Tuesday, Jan. 8 (HealthDay News) -- People with four healthy lifestyle behaviors -- not smoking, physical activity, moderate alcohol consumption, and eating five servings of fruit or vegetables a day -- live an average of 14 years longer than people with none of those behaviors, a new British study contends.

Researchers at the University of Cambridge and the Medical Research Council looked at 20,000 men and women, aged 45-79, who filled out a questionnaire about the four health behaviors. The participants, none of whom had known cancer or heart or circulatory disease, filled out the questionnaire between 1993 and 1997 and were followed until 2006.

For each of the four healthy lifestyle behaviors, a participant received one point.

After they factored in age, the researchers found that participants with zero points were four times more likely to have died over an average period of 11 years than those with four points.

In addition the study authors concluded that participants with a score of zero had the same risk of dying as someone 14 years older with a score of four. This was independent of body-mass index (BMI) and social class.

While the findings need to be confirmed in other populations and an analysis of how these combined health behaviors affect quality of life is needed, the researchers said the results suggest that these four healthy lifestyle behaviors could markedly improve the health of middle-aged and older people.

The study is part of the European Prospective Investigation into Cancer and Nutrition (EPIC), conducted in 10 European countries. EPIC is the largest-ever study of diet and health.

There is strong evidence that individual lifestyle factors such as smoking, diet and physical activity influence health and longevity, but there has been little research into their combined impact, according to background information in a news release about the study.

The study was published in the journal *PLoS Medicine*.

ANNUAL CHRISTMAS PROGRAM PACKS OUT AUDITORIUM AGAIN

December 19th marked our annual Christmas Program, featuring carols, songs, and stories galore. Ebenezer Scrooge, Elvis, and even *The Motown Ladybugs* appeared. We heard a soulful singing of Jingle Bells and “Where Are You Christmas”. We felt the joy of the Little Drummer Boy and Jayne English “Rockin’ Around the Christmas Tree.” We reminisced to Chestnuts Roasting on an Open Fire and laughed with Grandpa Jones. We saw Mommy Kissing Santa Claus and Mrs. Claus did, too!

A total of twenty-five acts crossed our stage presented by over 40 patients and staff. A hearty thank you to all who helped bring joy to the season! Remembering the words of Tiny Tim, “God Bless Us, Everyone!”



SPOTLIGHT ON LSH EMPLOYEE'S WITH SANTA

On December 19 Mr. and Mrs. Claus (Ted Shriver and Bonnie Vanmeter), and several Morale Booster's elves took time out of their busy schedules to pass out tasty candy canes and hot chocolate donated by the Morale Boosters to Logansport State Hospital employees. Pictures were also taken of employees visiting with clauses (see below).







Culinary Corner

Millionaire Pie

1 cup sugar
1 (8 ounce) package cream cheese, softened
1 (15 1/4 ounce) can crushed pineapple, drained
1 (8 ounce) carton Cool Whip

1 Baked pie shell

Cream sugar with the cream cheese.

Add drained pineapple.

Fold in Cool Whip until well blended.

Place in pie shell.

Refrigerate.

Serve cold.

The Four Ingredient Cookbook, Linda Coffee and Emily Cale, Coffee and Cale, 2002.





UPCOMING EVENTS

January 16th - February 28

January 3rd, 10th, 17th 24th & 31st - creative writing class in the library @ 3:30 PM

January 4th, 11th, 18th & 25h - Sid Sitter in the Library 1 - 3 PM

January 9th - Blood Drive in the auditorium

January 16th - Catholic Mass @ 3:30 PM

January 24th - Clinton Co Gold Ladies on D2E @ 9:00 Am

January 24th - Clinton Co Gold Ladies on CLW/L1E @ 10:00 AM

January 29th - Tippy Co MHA Bingo on SWW @1:30 PM

February 1st, 8th, 15th, 22nd, 29th Sid Sitter in the Library 1- 3 PM

February 4th- Social Club @ Cass Co MHA Dodds Unit @ 6:00 PM

February 7th, 14th, 21st, 28th - Creative writing Class in the Library @3:30 PM

February 15th - Sweetheart's Dance in the auditorium @ 1:15 PM

February 18th Purdue Bingo on Dodds 1W @10:00 AM

February 20th - Purdue Bingo on Dodds 1W @ 10:00 AM

February 20th - Purdue Bingo Dodds 2W @ 2:00 PM

February 20th - Catholic Mass @ 3:30 PM

February 22 - Purdue Bingo Dodds 2W @ 10:00 AM

February 25th - Tippy Co MHA on SWW @ 1:30 PM

February 28th - Clinton Co Gold Ladies @ 9:00 AM - Dodds 2E

February 28th - Clinton Co Gold Ladies @ 10:00 AM on CLW/L1E

Who Am I?

Can you guess who they are?

If you can, call Darrin Monroe at # 3803 or e-mail: darrin.monroe@fssa.in.gov by February 16. All correct answers will be entered in a drawing sponsored by the Morale Boosters to win a free “Jumbo” soft drink at the Hillside Café.

Winners will be announced in the next Spectrum.

Need a hint?

“Busy little Fingers.”

Find out who this is in our next issue.

Last Issue:



Jeff Babb



The correct guess and winner of a free Jumbo size drink is: Marjorie Potts

If you have an early picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.